Time Change and Taking Care of Yourself

November 3, 2022

This Sunday, November 6, [Daylight Savings Time ends at 2 AM](https://oiss.yale.edu/news/time-change-and-taking-care-of-yourself) [1]. Remember to turn your manual clocks backwards 1 hour. While it will be darker in the evenings, we will get an extra hour of sunlight in the mornings!

Daylight Savings Time also marks the start of the winter season, and means we are headed into the second half of the semester. We know this can be a stressful time, and when it gets dark so early in the day, we know that can sometimes make you feel like you don't want to leave the house.

This is our reminder to you to take care of yourselves over these next few months! Yale has many resources to help you navigate these winter months and the stress that comes with midterms, finals, and lots and lots of research. Make sure to reach out and take advantage of these resources that are available to you.

- [Chaplain's Office](https://oiss.yale.edu/news/time-change-and-taking-care-of-yourself) [3]

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Links
[1] https://www.timeanddate.com/time/change/usa
[2] https://beingwell.yale.edu/calendar
[3] https://chaplain.yale.edu/